

# EASY LESSONS IN HOW TO EXERCISE WITHOUT APPARATUS.

AND HOW TO MAKE IT BOTH PLEASURABLE AND BENEFICIAL.

By A. E. VAN DOOZER.

During the past few weeks I have been writing to you about the value of systematic and regular exercise in the eradication of many of the common ailments which afflict mankind, such as indigestion, colds, round shoulders and sleeplessness. To-day I intend to say something about the influence of the same kind of work upon the mind, and endeavor to show you that a man's mental disposition may be entirely changed by a course of physical training.

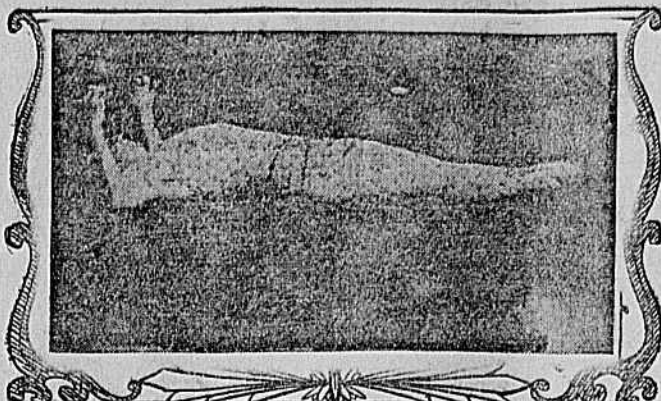
The brain, which is the seat and center of all mental activity, is like every other organ of the body, capable of being improved by physical treatment. Its perfection or defection depends upon the habits and condition of health of the person to whom it belongs. We sometimes hear people speak of the mind of man as though it were entirely separate from and superior to all other parts of the physical organism, but this is not true. The mind is simply the operation of the brain. The two words mind and brain are not exactly synonymous terms, although they are often used in that way. The brain is the organ or seat of intellect, while the word mind is a term used in reference to the operation of that organ. The mind, then, is produced by the brain, and consequently the quality of the mind depends upon the quality of the brain. To improve the mind it is necessary to improve the brain by physical treatment.

The brain is probably more sympathetic than any other organ of the human body; its condition is more easily affected by the condition of the stomach, liver, heart and lungs. To make the brain strong and clear and to keep it active, it is necessary to keep the general health of the body in the best condition. By your own experience you have learned that when you are suffering from an attack of indigestion or biliousness it is much more difficult to perform mental labor. At such times the mind is not clear; it is sympathetically affected by the disordered liver or stomach.

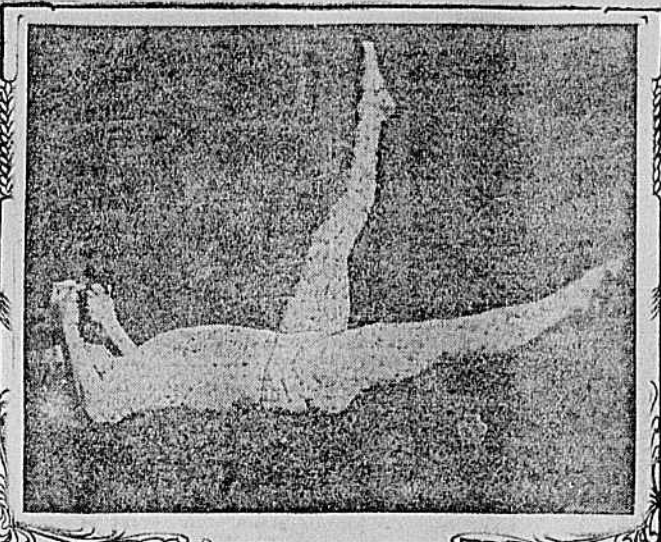
Every business man realizes how necessary it is to have a clear mind in order to successfully transact business. Combined with strong nerves, it qualifies a person of only ordinary ability for a successful career in any work which he may undertake; without these failure is sure to result sooner or later. Moreover, the ease with which mental clearness enables a person to perform his work is also worthy of our consideration.

Many of the habits of business men in our cities tend to interfere with the operation of the brain and to stultify the mind. Sitting for long hours in an office where the ventilation generally is poor, smoking strong cigars, riding to and from their homes instead of walking, eating heavy and indigestible foods; these and many other things affect the general health of the individual. It is not an uncommon thing to see a man going to his office in the morning smoking a strong cigar, and there is nothing in the world that will so interfere with a man's mental labor during the entire day as a strong cigar smoked immediately after breakfast. While a man may smoke the same kind of a cigar in the evening after eating his dinner, and it will not at that time interfere with his mental activity, but rather stimulate the brain to greater action and brilliancy. If indulged in before commencing work in the morning it will have the directly opposite effect, and will make the mind dull and listless. If you doubt my word, experiment with yourself; to-morrow morning before going to your work smoke the usual strong cigar and notice the condition of your mind during the forenoon. Then on the following morning refrain from smoking until afternoon and you will find that your mind is much clearer and that you are better qualified to do business on the morning when you did not smoke than on the morning when you did. The breakfast also has a great deal to do with the clearness of the brain. It should be light and consist of the most digestible kinds of food. Fruits and cereals should form the principal articles of diet, and hot breads and cakes and meats should be avoided, as these require longer time for digestion and draw the blood away from the brain to the digestive organs and thereby interfere with mental activity. The use of the brain in the transaction of business requires a normal circulation of the blood in that organ, and anything which interferes with the upward circulation will interfere with mental activity and clearness; for this reason I recommend that light meals should be eaten during working hours, and that the heavy dinners should be reserved until the labor of the day is over.

The greatest benefit to the brain and the best stimulant for the mind is to be derived from physical exercise. Take, for instance, the exercise of walking in the early morning air. This is one of the best preparations for a day of mental



EXERCISE 19, FIGURE 1.



EXERCISE 19, FIGURE 2.

labor. In fact, walking at any time in the day—except immediately after eating—tends to stimulate the brain. I have often heard people say that when exceedingly nervous or when the brain was weary from overwork, a brisk walk of a mile or two would often relieve the mental tension, and one would return to his work greatly refreshed and exhilarated. I have tried this myself and found it to be true.

The business man who makes a practice of walking to his office every morn-

ing will find that he is better prepared to transact business during the day than he would be if he rode on the street cars. Not only will his mind be clearer, but his whole body will be refreshed by the exercise.

In walking, however, one thing should be remembered, and that is that in order to get the desired benefit from the walk it should be brisk enough to start the circulation of the blood freely to all parts of the body. To walk leisurely does but little good; one should walk with long, swinging strides and quick steps, using the muscles of the feet and legs as much as possible and producing a slight weariness of the body. This weariness will pass away as soon as the walk is ended and one settles down to mental labor, so that it will not interfere with the work of the day. It is much better to walk to one's place of business in the morning than to walk home at night, for then the body is weary and a long walk will add to its weariness and often produce exhaustion. If you wish to improve your general health, I advise you to try this plan of arising a little earlier each morning and walking to your work instead of riding, and I venture to say that within a week you will agree with me that it is an excellent stimulant for mental labor.

But better even than walking is the benefit to be derived from a regular and systematic course of physical exercise such as I have been describing in these articles from week to week. These exercises, as I have often said before, bring into action and develop every muscle of the body, while walking only develops the muscles of the feet and lower limbs. The wonderful influence which such systematic exercise has upon the brain can only be understood by those who have tried it. A half hour spent each morning in the work which I am recommending, will so stimulate the brain and clarify the mind that you will realize its benefits from the very start, and will be encouraged in continuing the work. The explanation of this is very simple; as mental activity depends to a great extent upon the circulation of the blood in the brain, consequently if too much blood is conveyed there nervousness and headache will follow, while if too little is sent to the brain the person will be drowsy and dull; but if the circulation in the brain is normal, then the action of the mind will be normal—the person can think clearly and easily—and this is the condition desired in the performance of mental work and the transaction of business.

Systematic exercise produces this normal circulation in all parts of the body and relieves congestion by bringing into action every muscle; more than this, these exercises produce a general strengthening of the health, and this also benefits the brain and mind.

Clearness of the brain, strength of mind, self-control and what is generally known as personal magnetism are all the results of mental development produced by physical strength and improved by exercise and good health.

In this article I place before you exercise No. 19. In this exercise the position to be assumed is the same as in the three previous exercises. The person lies flat upon his back upon the floor with legs outstretched to their greatest length, and the arms akimbo or at right angles with the body, with the forearm raised up from the floor as shown in figure No. 1. Now inhale a deep breath through the nose and exhale it rapidly through the mouth. Once more breathe deeply and commence the exercise by raising first the right leg and then the left leg alternately to the position shown in figure No. 2. Continue doing this for several times and until a slight weariness is experienced, then rest for a moment or two and repeat the exercise. In executing this exercise special attention must be paid to the muscles of the arms and legs. The muscles of the arms must be kept perfectly rigid, and also every other muscle of the body must be kept in the same condition. The legs should be kept perfectly straight without bending the knees.

This exercise will be especially beneficial to the muscles of the legs and arms and also to the abdominal muscles.

I have now given you nineteen exercises which, if you follow faithfully, you will find to be of great benefit to you in every way. Not only will your muscles become hard and strong, but your general health will improve and a feeling of refreshment will be experienced every time you go through with the work.

After taking the exercise each day do not neglect to take your cold bath and rub down with a coarse towel, and this will refresh you greatly.

Yours with best wishes,

named Humphrey, but none named John Humphrey. If you wish to know the names of the brothers and sisters of Chief Justice John Marshall, they were Thomas Marshall, born 1761, died in Kentucky 1817. He was a captain in the Revolution. James Marshall, born 1764, married Hester Morris, daughter of Robert Morris; Alexander Keith Marshall, born 1770; he went to Kentucky and died there. Louis Marshall, born 1773, died in Kentucky 1806. All of these were born in Fauquier county, Va. One of the daughters of Colonel Thomas Marshall, of Oak Hill, Fauquier county, was Margaret Lewis Marshall, who married Cornelius Balwin Hite. Of the remaining daughters of Colonel Thomas Marshall we do not know at this writing.

R-E-Morse. (Lines indented January 1, 1906, to an old friend.)

How merrily the Christmas goes As we toss the glasses on! But when it's over we're left to pore With just old R-E-Morse.

His eyes are red, his face is sad, His head aches and he's cross, Lord, what a sorry case he is, This old brute, R-E-Morse!

I do not chide the gladsome glass, Nor would I stand it's loss Did not it's gladness bring that sadness Wrought by R-E-Morse!

But as it is I'll cut it out; Cut glass with its glass! That I may cut the company of That "chaser" R-E-Morse.

—H. C. F.

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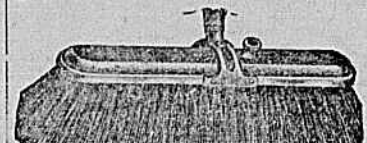
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# THE TIMES-DISPATCH

## GENEALOGICAL COLUMN

### LEE FAMILY.



ARMS OF LEGH, OF LYME, AS DEPICTED ON THE "MARGENT" OF THE PATENT.

### Lee Arms.

As appropriate to the 19th of January, the anniversary of the birth of the greatest chieftain of the nineteenth century, we give, as a matter of curiosity, as well as of real interest to all the descendants of the Lee family, the first coat-of-arms ever granted the Lees, of England.

If the reader will turn to page 12 of Mead's "Genealogical History of the Lee Family of Virginia," of 1866, it will there be seen that the name of Lee assumed the various forms of Le, Lee, Lea and Legh, each of which stood for Lee, during the reign of King John to Edward IV., and even later, as we will presently see. Here we have it inscribed on the arms, as granted in the time of Queen Elizabeth, as "Legh, of Lyme." This Lyme was a small seaport town in Dorsetshire, England, so named for a small river which runs through the middle of it.

We give a copy of this ancient augmentation, to show the forms of presentation of arms at that early day: "Whereas, I find that William Flown, Esq., sometimes Norroy, principal Herald and King of Arms of the North parts of England, beyond the River Trent, bath, under his hand and seals, certified (as by a writing bearing date the Eleventh day of June, in the years of Our Lord God one Thousand five hundred sixteenth, and of the late Reign of our most gracious Sovereign, Lady Queen Elizabeth, the seventeenth years), that I say where-as heretofore it pleased the noble and puissant Prince Richard, the second of that name, sometime King of England, in consideration of the good service that Piers Legh, Esquire, the son of Sir Robert Legh, of Adlington, Knight, had done, not only unto himself, but also unto the noble Prince Edward, his father (commonly called the blacke Prince), the flower of chivalry, at sundry times to remunerate and reward the said Piers with the free gift of the Manor of Hanley to him

hee, the said Piers, did valiantly ree and advance the said prince's Banner at the battle of Cressy, to the noe little encouragement of the English Army, as also that hee manfully took prisoner the Counte de Tanquerol, a Norman, the King's capitale enemy in the same battle; the memory whereof, as it is most worthy of conversation to all posterity, as well as of singular libellitie of soe bountifull a Prince, soe rightly bestowed upon the person of one that soe well deserved, as also the dutifull endeavour of soe dutifull a subject to his prince and Sovereign. Soe that it moved Sir Piers Legh, Knight, Lord of Bradley, in the Countie of Lancaster, and Linn and Hanley, in the Countie of Clinton, who is lineally descended of the body of the same and heir of Piers Legh, Esq., as being the sonne and heir of Sir Piers Legh, Knight Banneret, and sonne and heir of afore-said Piers Legh, Esq., who tooke the said Counte de Tanquerol prisoner, did move him, ye said Sir Piers, to require the said Memorie of the memorie thereof, to allow unto him and his posterities some meete signification by Armory, according to the ancient and laudable custome of the law of Armes heretofore used in the like cases.

In witness whereof, has ye sd. Norroy, did sign the sd. Patent with his hand and sett thereto the seale of his office, the day and yeare aforesaid.

Whereas I, William Dugdale, Esq., Norroy, King at Armes aforesaid, has, by power & authority to me committed, under the Great Seale of England, confirmed and ratified the former grant, and by these presents do assign unto Richard Legh, Esq., Lord of Bradley, in the Countie of Lancaster and of Leine & Henley, in the Countie of Chester, who is lineally descended of Piers Legh, some time of Leine, Esq., the son of Thomas Legh, Doctor of Divinity, some time of Piers Legh, Esq., some time of Sir Piers Legh, who tooke the Counte de Tanquerol prisoner, ye same Escutcheon or Shield of Augmentation: Sable replished with Mollet's Silver, therein a standard. Silver, to be by the said Richard Legh, Esq., and his posterity for ever borne, and used as a Testimony of his Ancestors and good works. In witness I have signed these presents and sett to the Seale of my Office this Sixth day of April in the yeare of Our Sild five, and of the reign of our Lord King Charles the Second the seventeenth.

WM. DUGDALE, Norroy King of Arms. The exact necessity for this patent seems a mystery (as given in time of Charles Second), unless, as is probably the case, the original document, under the hand and seal of Flown, had been lost. The achievement, as depicted in the "Margent" which is shown in the arms, seems some exaltation. The hand

and arm are of silver, the hand being in a gauntlet, which is hardly "proper." The whole may be described as follows—quarterly of eight: "1. Azure—A plate between three Ducal coronets, or a mordure argent (for Corona). "2. Gules—A cross engrailed within a bordure, also engrailed argent (for Legh); and chief, superimposed of these first two quarters, the escutcheon of augmentation: Sable, seme of mullets, an arm embowed, holding in the hand a standard, all argent.

"3. Argent on a chevron sable three covered cups, or. "4. Argent, a cross, and in the first quarter a fleur-de-lis, sable. "5. Vert, a cross fretty, or— "6. Vert, a chevron between three cross-crosslets, or a mantling of gules, double argent. "7. Argent, a mullet sable charged with an annulet of the field; in the dexter chief point a mullet of the second. "Crest—Out of a ducal coronet or a ram's head argent, armed or holding in the mouth a branch of three leaves hazelnut."

If we now compare the above with the present Lee Arms of Cotton and Langley in Shropshire, we find the chevron, the eagle, the cross and engrailed borders and hazel bud; the modern arms having for a crest the squirrel instead of a ram's head. Thus the two are very similar.

We take the arms and patent from "The Genealogical Magazine of London," for May, 1887, being the first to have produced them and to trace their origin. The eight emblems, combining the shield, denote eight families of connection; but many of these were in course of time dropped out, the male heir dying, leaving them extinct, until the present Lee arms are simply quarterly. But during the long line of descent we still have the Robert Leigh (or Leo), the Richard, the Thomas, and the Peter, now as well as then, the Christian names being retained in each generation.

### Travers.

The following is sent in connection with Raleigh Travers: "Raleigh Travers married Hannah Ball, daughter of Joseph Ball, of Epping Forest, Lancashire county, who married, first, Elizabeth Tomney, of London, England; afterwards, the widow Johnson, who was the mother of Mary Ball who married Augustine Ashington. Raleigh Travers and Hannah Ball's eldest daughter, Elizabeth, married John Cook, Gent. of England; the second daughter, Sarah, married a Daniel, ancestor of Judge Peter V. Daniel; another daughter married a Chinn; and another a Carnegie, by whom there was no issue. Judge John W. Green, of the Court of Appeals of Virginia, married for his second wife Millon Cooke Cook, Gent. of England; the second daughter of John Cooke, and Mary Thomson Mason; their children were, Judge Thomas C. Green, President of the Court of Appeals of West Virginia; John Cooke Green, and James W. Green.

lawyers, of Culpeper; George Green, of Mississippi; and Lucy Green.

"It has always been an accepted fact in the family that Raleigh Travers was of the same family as of Sir Walter Raleigh. Raleigh Green was married with this idea, that he was of the sixth generation from Sir Walter, whose sister it was understood, was the mother of Raleigh Travers, who married Hannah Ball, thus making him a nephew of Sir Walter Raleigh.

"Raleigh Green was editor of the 'Culpeper Exponent,' and author of 'Notes on Culpeper,' and a reproduction of the Rev. Philip Slaughter's 'St. Mark's Parish.'"

"The above facts are of interest; there is no doubt but that the Travers and Daniel families were connected with the descendants of Sir Walter Raleigh in some way; but we have always thought it was through the North Carolina Raleigh branch.

### Blythe—Henderson—Terrell.

The Times-Dispatch, Editor of the Genealogical Column:

Dear Sir,—Ist. It is supposed that the maiden name of the mother of the Rev. James Blythe, D. D.—born in Mecklenburg County, N. C. in 1765—was a Miss Carr. Does this alliance throw any light on the ancestry of Dr. Blythe?

2d. Did any male members of the Henderson family, prior to the Revolutionary War, marry into the Molain, or McLean, family? I have seen an unpublished statement to that effect, but no baptismal name was given.

3d. Several years ago a New York paper published a lengthy article on the "Crest" family. My informant, who saw the article, has forgotten the name of the paper as well as the date. Can any of the readers of The Times-Dispatch name the paper and date of the publication mentioned above? A knowledge of it will be gratefully received by.

Yours truly, S. H. W.

Answering No. 1 of above. We have very few North Carolina records. William Blythe, of Fredericksburg, Va., 1771-79, may have been of the family, but few of the name are given in Virginia.

2d. Many of the Henderson family were living in Spotsylvania county as early as 1730; but of the McLean or Molain nothing can be found. Can some one tell?

### Parham.

Editor Genealogical Column: Dear Sir,—For a long time I have been reading your Genealogical Column, which seems to be for you a labor of love, and in that belief I venture to ask that you give me what information you have of the Parham family.

It is believed that three brothers emigrated from England to this country more than two hundred years ago, and settled in Sussex county, Va. (probably attracted by the name, if it had a name then), and there they have persistently abided until the last fifty years, when they commenced to emigrate to other States. They are frequently mentioned in the parish register of Sussex county, beginning about 1700, and ending abruptly about the time of the American Revolution, when the record ceases.

In Mrs. Humphrey Ward's last book, Lord Parham is frequently mentioned as Prime Minister of Great Britain, and "Parham Park" is now a show place in England—the name selected, I presume, for him because the title is now extinct. One of the name was hung in this city about fifty years ago, a descendant of the Massenburg family, and the Carrolls and Eldridges all resident in the aforesaid county from time immemorial, and connected more or less closely with the Parhams, the last being straight-down from Rolfe and Pocahontas, though why any one should boast of descent from an in-

dian, though a princess, passes my comprehension.

BENJAMIN MASSENBURG PARHAM.

We will say to our esteemed friend and correspondent that much can be given of the Parhams and other families mentioned, which are to be found in Henning, Bishop Meade, and other early historians, and it will be our pleasure at an early day to bring forth some of their chivalrous and patriotic deeds, which are still exemplified in their noble descendants.

### Livingston.

Editor Genealogical Column:

Dear Sir,—Can you give in your query column any information in regard to the Livingston family who lived in Essex county, Va., about the middle of the 18th century?

There is in Essex county the record of a deed, September 24, 1760, of Muscoe Livingston to John Livingston, sons of John Livingston, who married Frances Muscoe. Muscoe Livingston died in 1783, the inventory of his estate being presented in court at Tappahannock.

I would like to learn, if possible, who this Muscoe Livingston married, also something of his father, John Livingston, who married Frances Muscoe. This John Livingston is said to have been a relative of New York Livingstons, and I am interested in learning how he came to Virginia. Any information you can give will be appreciated.

K. L. B. Old Essex county records are much missing, and we have very few of them. Muscoe Livingstons are mentioned in Spotsylvania records. Bishop Meade speaks of John Livingston. The Livingstons of New York first settled there in 1674, by Robert Livingston, who came from Ancrum, Scotland, and are said to be descended from Robert Bruce. They bore arms of a shield with three cinquefoils gules, within a double tressure flory counter, flory vert. Crest, a ship in distress.

The family will be looked up, and more given if possible.

### Some Old Letters.

The following old family letters, written during the eighteenth century, will be found highly interesting to the descendants of the names mentioned. It is through such old letters that family history can now be traced, and we would like to have more of them:

"Philadelphia, May 2, 1776.

"Dear Brother: "I take this opportunity of writing you, as there are several vessels to sail from this place in the course of a few days. I am now in Philadelphia on my way to Baltimore, where I expect to meet Boiesy Bankhead and Nancy Johnson, of Port Royal, at Mr. Buckner's, with Magruder and J. Miller. Magruder and Betsey have not made it out yet, but I believe will soon. Your friend, R. Miller, goes on as much as he used to do; his brother set out as a candidate for Congress, and believe he will be carried. I have gone now up and down the river as a common sailor.

"Dear brother, I remain, yours."

"Port Royal, June 27th, 1778.

"Dear Brother: "Yours of the 9th January came safe to hand, which, next to seeing you, was the greatest satisfaction I could have. I think you must be mistaken when you say that you have never received a letter from me since John Taliferro went home. I am very certain that I have wrote you, once at least, and I think it was by Mr. Hall. I will give you some account of your old acquaintances in and around Port Royal. All the girls are married that were grown up when you were here, and quite a new set has succeeded them, more inferior, I can assure you, in numbers or beauty. I will set them down as their different marriages took place:

"Nolle Bankhead (your old flame) to a Goldist, Row: Betsey Bowls to a Mr. Smith; Betsey Bankhead to Mr. Magruder; Anne Landrum to Mr. Stone; Nancy Johnson to Mr. Drummond, and—can you believe it?—Lucy Buckner to Mr. George Catlett. The last two matches surprised

me very much, as I am sure they will you.

"Unluckily when your friend, Mr. Campbell, was here I was on a visit to my relatives in Essex. Andrew went to Maderia with Mr. Miller, about three months ago. We have heard of their safe arrival."

"This will be handed you by a Mr. Hall, from Port Royal. He lived in the house of Messrs. Dunlop & Taylor, who can give you as good account of friends in Virginia as I can. Your affectionate sister, "L. G. Jun."

"Port Royal, Jan. 26th, 1802.

"Dear Brother, &c.:

"Sallie Tennant is still unmarried, and is living in Port Royal again, and is very little altered since you saw her; says she is obliged to you for remembering her, and desires her compliments to you. Papa and mamma (Mr. Jas. Row and Mrs. Waring Row) are in good health, but under a good deal of uneasiness at present upon my brother William's account, whom, I am sorry to say, is in the last of consumption. He thinks he caught it from a young man that lived in the same house with him.

Your old acquaintance, Mr. Mathewson, died about two months ago. My brother Gilchrist is in the same situation as when I wrote you last; he has only two children, and they are both girls, and are as handsome as you used to think their mother.

"Mr. Catlett and my sister are both very well and still living in town; he has turned very industrious, and spends the greater part of the day on his farm. They have only one child living, a son. There have been several marriages in and around the neighborhood, but I dare say you will scarcely recollect any of the parties concerned, as most of them were children when you were here. Lucy Latane, whom you may remember was a good deal at my father's, was married to a relative of ours, Mr. Palmer Warring, of Essex. Nancy Buckner, the youngest daughter of Mr. Wm. Blythe, to a Mr. Thawburn, a merchant in Norfolk, and your old hunting companion, Lawrence Catlett, to a daughter of Mr. Frank Conway.

"For your safe and speedy voyage, accept the best wishes of your affectionate sister, "LUCKY."

### A Complaint.

Editor Genealogical Column: Sir,—We take the Sunday edition of the Times-Dispatch for two reasons:

1st. For the excellent Genealogical Column for the old folks; and 2d, for its amusing colored pictures for the children. But unfortunately we have both on the same sheet. If we cut off the genealogical part, it raises a howl among the children; and if we give them the entire sheet, that is the last of the genealogical part. Cannot you please give the Genealogical Column put on another sheet so that it can be preserved for the future, and oblige many families?

F. M. H. Asheville, N. C.

We have received several such complaints; certainly the old folks must be gratified and keep all the pictures, and we must also please the old folks, so we will try and arrange it so as to keep the peace in our many families, and give pleasure to all.

### Marshall.

Editor Genealogical Column: Dear Sir,—Will you please give me the names of brothers and sisters of John Humphrey Marshall and publish in your next issue; also give genealogy of the Marshall family, if you have not done so, at your earliest convenience. I will be greatly obliged to you for this favor.

Yours very truly, Mrs. E. A. K. Roanoke, Va.

There was no John Humphrey Marshall, Humphrey Marshall, who was born 1765, in Westmoreland county, Va., was the son of William Marshall, brother of Colonel Thomas Marshall, the father of the Chief Justice. This Humphrey Marshall went to Kentucky in 1780, where many of his descendants are still to be found, among them several who were